

5<sup>th</sup> International Conference on

## DEPRESSION, ANXIETY AND STRESS MANAGEMENT

November 05-06, 2018 Bangkok, Thailand



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### PTSD or clinical endocannabinoid deficiency?

Post Traumatic Stress Disorder (PTSD) is a prevalent, chronic and disabling depression and anxiety disorder that may develop following exposure to a traumatic event. Although the use of medical cannabis for the treatment of physical and psychological disorders is controversial, medical marijuana is currently legal in Canada, 30 states in the United States and a handful of countries in South America. Studies published in *Molecular Psychiatry* and *Science Daily* showed that treatment using particular compounds found in marijuana may benefit those with PTSD and that plant-derived cannabinoids (psychoactive chemicals) such as marijuana may possess some benefits in individuals with PTSD by helping relieve haunting nightmares and other symptoms of PTSD. As a result of taking medical marijuana, participants reported a decrease in re-experiencing the trauma, less avoidance of situations that reminded them of the trauma and a decline in hyper-arousal, respectively. There's also convincing evidence from multiple studies for reduced endocannabinoid availability in PTSD, i.e., reduced levels of the endocannabinoid anandamide and compensatory increase of CB1 receptor availability in PTSD, and an association between increased CB1 receptor availability in the amygdala and abnormal threat processing, as well as increased severity of hyperarousal, but not dysphoric symptomatology, in trauma survivors. This presentation will be a literature review supporting the theory of clinical endocannabinoid deficiency and a review on how to treat PTSD with medical cannabis.

### Biography

Joseph Rosado after spending several years in central Florida working as an Orderly, then as EMT/Paramedic and Heart Cath Lab Technician, he realized his passion for the medical profession. He started Chiropractic program at Life University in Marietta, Georgia, where he graduated cum laude with a BS degree in Clinical Nutrition and a Doctor of Chiropractic degree. After practicing for several years, he went on to Universidad Central del Este in San Pedro de Macoris where he graduated summa cum laude with his Medical degree in 2001. In 2005, he has completed his MBA in Health Care Management from University of Phoenix. He has worked as a Physician, Clinic and Hospital Director of the Communicable Disease Division/Epidemiology and Immunization Departments. Presently, he is the Medical Director of a medical cannabis clinic and volunteers once a month at a community clinic. He was and is on the bureau of speakers for political campaigns, cannabis advocacy and medical cannabis dispensaries. Till date, he has worked with over 1,000 patients for the evaluation, recommendation and management of medical cannabis.

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